

Study Guide #2

This is your 2nd **STUDY GUIDE** so please study hard!!! The test will be worth 100 points. As always, remember to look for the SECRET TEST questions on the P.E. Class Web site. They will definitely HELP!

1. **WHAT MUSCLE** is located on the **OUTSIDE PART** of you thigh?
 - (A) **Your Biceps Femoris**
 - (B) **Your Gluteus Maximus**
 - (C) **Your Vastus Lateralis**
 - (D) **Your Anterior Tibialis**
2. **WHAT MUSCLE** is located in the **MIDDLE PART** of you thigh?
 - (A) **Your Vastus Intermedius**
 - (B) **Your Vastus Lateralis**
 - (C) **Your Vastus Medialis**
 - (D) **Your Anterior Tibialis**
3. **Why do you warm-up** playing games first – then stretch? Please explain?
4. Name 1 muscle in your arm that will help push things or objects AWAY from your body? Some examples of how that muscle works are; **opening a door, pushing someone away from you, or possibly throwing an object away from you body**
5. When we played scooter games - list [2] muscles that you used. **Explain how you used those muscles?**
6. When folding your arm across your pectorals major muscle what are you stretching?

7. Name **[2]** muscle that is located in **your back**.
8. What is the game that is **played in silence**?
9. **What** is the name of our **Student Assistant**?
10. **Spell both** of your **Physical Education teachers'** names?
11. **What is the female P.E. teacher's favorite color?**
12. **List 3 ways** you can earn **extra credit**?
13. **Name [2] Muscles** that are **located in your arm**?
14. When **doing Push-Ups** what **muscles** are you using?
- (A) **Your Deltoid & Triceps Muscles**
 - (B) **Your Vastus Lateralis & Vastus Medialis Muscles**
 - (C) **Your Anterior Tibialis & Gastroc Muscle**
 - (D) **Your Sternocleidomastoid Muscles**

15. **What muscle** is located in **your neck**? This is the muscle that **enables you to turn you neck**?

- (A) **Your Deltoid & Triceps Muscles**
- (B) **Your Vastus Lateralis & Vastus Medialis Muscles**
- (C) **Your Anterior Tibialis & Gastroc Muscle**
- (D) **Your Sternocleidomastoid Muscles**

16. How many **total calories** have you personally **lost in P.E. class so far**?

17. **Where** is your **Trapezius Muscle** located?

18. **Where** is your **Deltoid Muscle** located?

19. **When** finishing the 551.1 Timed Run ---- Why is it important to not completely come to a stop. Why is it important to slowly lower your heart rate?

20. **What IS** the **largest organ** in your body?

- **ON THE BACK OF THIS SHEET LIST SPELL ALL YOUR CLASSMATES NAME [10 extra pts.]**